

NAME:

Tigers Homework week 8  
Handed out week of June 20<sup>th</sup>

Completed

<p><b>Single Leg V-Ups</b> (3 x 10 each leg): Lie on back with legs and arms straight. Do a v-up and only lift right leg. Go back down to starting position do another v-up and only lift left leg. Keep alternating legs during the v-ups. Count 10 on each leg or a total of 20.</p>	
<p><b>Straddle Taps</b> (3 x 10): Sit on bottom in a straddle with hands in the middle. Keeping legs straight and hands in the middle lift heels up and down off the ground. Try not to slam heels on the ground on the way down. Use hips to control heels back to the ground and lightly touch the ground and lift heels back up. Try to do all 10 in a row without resting in the middle.</p>	
<p><b>Heel presses:</b> (3 sets) Start on hands and knees, shoulders width apart. Lift right leg up, knee bent at 90-degree angle, foot flexed, bottom of foot faces ceiling. Raise your leg up about 6 inches up and down for 10 reps. Switch to left leg and repeat. Both legs count as 1 set.</p>	
<p><b>Core squeezes:</b> (5 x 15 seconds): Lay down as if going to do sit-ups, knees bent, arms down by sides. Lift you bottom off the floor, squeezing stomach and bottom really tight. Hold for 15 seconds, but don't hold your breath.</p>	